

ABSTRACT

A holographic multiplex recording method which can keep a recording data rate constant and equalize nonuniformity in recording due to vibrations or the like, and a holographic recording apparatus and a holographic recording medium, which
5 employ the method are provided. In a process of multiplex-
recording information, the time of exposure to a laser beam per data page is kept constant, and the laser output power of the laser beam is increased in accordance with a decrease in
10 recording sensitivity of the holographic recording medium.